SASKATOON metro®

NEWS WORTH SHARING.

Ford: 'I had a minor setback'

Of the recent Patois-infused, drunken video, Toronto's embattled mayor says, 'I'm entitled to a personal life' PAGE 3

This ain't your toddler's puppet show

New play at the Broadway Theatre tackles the nature of happiness PAGE 8

HOW THE HIPSTER GOT 'HER'

RETRO-FUTURISTIC FILM TAKES THE TROPHY (NOT THE OSCAR) FOR TREND-SETTING STYLE, SAY FASHION INSIDERS PAGE 10

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BOILING POINT IN KYIV

Anti-government protests in Ukraine turned deadly on Wednesday when two people were killed in clashes between police and protesters in the capital of Kyiv. Andrey Svitailo, a staff photographer for the Metro Moscow newspaper, was also injured during the violence. See story on page 4 and photo gallery at metronews.ca. ANDREY SVITAILO/METRO

Charges upgraded against caregivers in child's death

June Alexis Dawn Goforth. Regina couple now accused of second-degree murder after review of evidence

MARCO VIGLIOTTI
Metro in Regina

Charges against a Regina couple accused in the death of four-year-old June Alexis Dawn Goforth in 2012 have been upgraded from manslaughter to second-degree murder, a justice official announced on Wednesday.

Deputy attorney general Kevin Fenwick said the decision to elevate the charges against Kevin Eric Goforth and Tammy Lynn Goforth — the victim's caregivers, who are not her parents — came after reviewing evidence presented during a preliminary inquiry.

"Looking at the evidence from the preliminary inquiry and other evidence brought forward from the investigation, the decision was made by our prosecutions branch (to bring forward) more appropriate charges," Fenwick explained to reporters in Regina.

He did not say, however, what that evidence is.

The Crown has upgraded the charges against the couple through direct indictments.

"Direct indictment ... while not very common in Saskatchewan, is something that is not irregular either," Fenwick said.

"Five or six times a year, we will proceed by way of direct indictment in situations like this — most often involving serious charges."

He noted that some other provinces, namely Alberta, use direct indictments far more frequently than Saskatchewan.

When asked why it took so long to revise the charges, Fenwick explained that officials have been diligent and "carefully reviewing the evidence."

June died in hospital on Aug. 2, 2012.

Dates for the trial have not yet been set.

Second child

The suspects have also been charged with unlawfully causing bodily harm in relation to the treatment of a second child.

- That charge, too, was revised from the initial count of criminal negligence causing bodily harm.
- The difference in the charges, Fenwick said, stems from the alleged level of intent. Criminal negligence, he said, requires a "lower degree of intent" than unlawfully causing bodily harm.

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NEWS 1

SPCA looking to raise cash for a bigger, better shelter

Animal welfare.
Growing population means growing pressure for organization

The Saskatoon Society for the Prevention of Cruelty to Animals is in need of a new home.

A report being presented to the city's advisory committee on animal control on Thursday indicates Saskatoon's growing population is putting pressure on the organization and as a result, the SPCA is preparing a capital campaign to raise funds for a new shelter.

"We're doing fairly well, but we've got a lot of constraints because there's only so much we can do in this current facility," said shelter director Tiffiny Koback.

She explained capacity restraints are the biggest issue at the SPCA, which supplies pound services to the city, as a lack of space means improper isolation wards, cramped space for exotic pets and less resources for educational outreach.

"We are constantly managing our population the best that we can with the best interest of the animals at heart," said Koback. "That can be difficult at times when we have 250 cats in our facility and animal control is bringing in 30 cats a day during certain peak seasons."

Michael Powell, a veterinarian at the Central Animal Hospital in Saskatoon, said the demand for SPCA services will continue to increase as the city grows.

"With an increasing population, you have an increase in animal population," Powell said. "And of course the low percentage — I would hope — (of pet owners) that are irresponsible, well that increases as a per cent as well."

Throughout this year, the SPCA will be doing an internal assessment of the organization's overall needs, said Koback, adding they hope to have a financial goal and launch date ready by next year.

MORGAN MODJESKI/METRO

SPCA wish list

- On-site clinic
- Public education centre
- Proper isolation wards for sick animals
- More space for exotic animals
- Volunteer support department

Tiffiny Koback, shelter director of the Saskatoon SPCA, poses for a photo in the cramped exotic-animals section of the organization's shelter located on Clarence Avenue. She says the shelter is in the early stages of organizing a capital campaign to raise money for a larger facility. MORGAN MODJESKI/METRO

Fire truck couldn't be started to fight blaze: Official

A house burns in Pelican Narrows.
HANDOUT/RCMP/THE CANADIAN PRESS

An emergency official says efforts to fight a deadly fire on a northeastern Saskatchewan reserve were hampered because a fire truck wouldn't start.

The fire tore through a home in the community of Pelican Narrows on Saturday, killing two boys, who were nine and 10. A 10-year-old girl who was pulled from the burning home is being treated in a Winnipeg hospital for severe burns.

Richard Kent, commissioner of emergency and protective services with the Prince Albert Grand Council, says the volunteer fire chief went to the fire hall.

"The pump was working. It's just that the fire truck wouldn't start and if the fire truck doesn't start you have nothing," Kent said Wednesday.

"In these small communities, they don't have a whole lot of money and they don't have a backup unit."

Kent said it's up to the community to make sure the equipment works, but he also said regular maintenance can't be done without federal funding.

Aboriginal Affairs Minister Bernard Valcourt's office said in an email the government gives $120,000 to the Prince Albert Grand Council for fire-protection training for its member First Nations, including Pelican Narrows. It also said the government provides $200,000 annually to train on-reserve volunteer firefighters. In the case of Pelican Narrows, Ottawa also provided direct funding for "fire protection capital."

CKOM/CKBI/THE CANADIAN PRESS

FCM

Mayor attends rail safety meeting

The Federation of Canadian Municipalities' National Municipal Rail Safety Working Group met with Transport Minister Lisa Raitt in Ottawa on Wednesday morning.

Mayor Don Atchison attended the meeting.

"It's a step in the right direction, but it's certainly not the end," said Atchison.

He explained that in April the FCM will start receiving a log of all goods transported by train through Canadian communities.

Atchison said this should help train emergency responders.

But he is also concerned about who is going to pay for the training, and said that the cities should not have to shoulder the cost.

In addition, the mayor is worried about the length of trains blocking major roads.

METRO

Record crop

Rail backlog of grain worries Wall

Premier Brad Wall says a rail backlog that has left a bumper crop of grain still sitting on some fields is increasingly serious.

Last year was a record harvest — up about 20 million tonnes — and Wall acknowledges that makes it more difficult to move the crop in a timely way.

The premier speculates the problem could be a combination of many things, such as weather, or the need for more locomotives and rail workers.

He says it's frustrating for everyone.

Wall says the problem needs to be solved, because it's probable that larger crop sizes will become the new normal.

The federal government and several grain producer groups are splitting the cost of a $3-million, five-year study aimed at finding solutions to the backlog.

THE CANADIAN PRESS

Ford: Latest embarrassing video just one of life's 'difficult bumps'

Nothing personal.
Toronto mayor happy to talk about city's budget, but won't take questions about Jamaican-infused Steak Queen rant

Toronto Mayor Rob Ford charges through a media scrum at city hall in Toronto on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Toronto Mayor Rob Ford is calling his alcohol-fuelled, profane rant in a Jamaican accent at a restaurant — caught on video — a "minor setback," and says he is entitled to a personal life.

Ford offered no apologies a day after the clip, which shows him using Jamaican swear words and other profanities, at one point aiming his curses at Toronto's police chief, was posted anonymously to YouTube.

"Monday was unfortunate," he said at a late-afternoon news conference. "I had a minor setback. We all experience these difficult bumps in life."

But, he said, it is a "completely private matter."

"As you know, I'm a human being, the same as every one of you, and I'm entitled to a personal life," Ford said. "My personal life does not interfere with work I do day in and day out for the taxpayers of this great city."

Ford refused to answer reporters' questions throughout the day about whether he drove himself to or from the restaurant that night, if he was using drugs and if he was hanging out with his friend Alexander Lisi.

A second video also posted to YouTube, purportedly from the same night, appears to show Ford sitting with Lisi.

Ford's admission that he had been drinking ended weeks of adamant vows that he had given up alcohol.

Ford spent much of his news conference discussing the city's budget and finished by saying he would be "happy to take questions on the budget only."

THE CANADIAN PRESS

'A minor setback'

"As you know, I'm a human being, the same as every one of you, and I'm entitled to a personal life."
Toronto Mayor Rob Ford

Police not allowed to see Magnotta research video

A judge has prevented Montreal police from getting their hands on a confidential academic video interview with accused killer Luka Rocco Magnotta.

The Canadian Association of University Teachers welcomed the Quebec Superior Court decision, saying it upholds researchers' rights to protect confidential information needed for their academic work.

The association's executive director says in a statement the ruling represents the first court recognition of researcher-participant privilege.

Montreal police had sought to gain access to a copy of the interview for evidence they're still gathering against the 31-year-old Magnotta, who is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin.

Lawyers representing University of Ottawa criminologists had argued the 2007 interview with a subject known under the pseudonym "Jimmy" should be kept confidential.

Luka Magnotta is shown in an artist's sketch. A judge has prevented police from obtaining a video interview with the accused killer.
MIKE MCLAUGHLIN/THE CANADIAN PRESS

The attorneys said Magnotta participated in the study as part of a survey of sex workers under the condition his interview would remain confidential.

"The impact of this decision is that researchers can now have confidence that courts will recognize and will treat seriously promises of confidentiality vital to the conduct of their research," James Turk, executive director of the Canadian Association of University Teachers, said in a statement Wednesday.

"Courts have recognized the social importance of journalists being able to protect confidential sources, and this decision extends a similar recognition to academic researchers."

The news release published by Turk's association said that, in her ruling, Justice Sophie Bourque noted "much academic research provides useful information on certain aspects of the human condition that are normally kept silent."

The Bourque ruling was also quoted by the association as saying, "The evidence demonstrates that much of the research involving vulnerable people can only be conducted if human participants are given a guarantee that their identities and the information that they share will remain confidential."

THE CANADIAN PRESS

Israel gives PM Harper a very special tweet

Prime Minister Stephen Harper and his wife Laureen take a tour of the future site of the Stephen J. Harper Hula Valley Bird Sanctuary Visitor and Education Centre in Hula Valley, Israel, on Wednesday. While in the Middle East, Harper is visiting Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANADIAN PRESS

Toronto

Discharge for census resister, 79

A 79-year-old Toronto woman taken to court over refusing to fill out the census was given a conditional discharge on Wednesday.

THE CANADIAN PRESS

Alberta

Over 500,000 had health info stolen

Personal health information belonging to more than half a million Albertans was stolen last September from Medicentres Family Health Care Clinics, Alberta Health Minister Fred Horne announced Wednesday.

"Today, I contacted the Alberta Privacy Commissioner to … formally request an official investigation," Horne said, adding, "Albertans want to know that their information is secure and protected."

METRO IN CALGARY

Protests in Ukraine turn deadly

Kyiv. Political crisis intensifies as violent clashes between police and protesters result in fatalities

Protesters battle police in Kyiv on Wednesday. ANDREY SVITAILO/METRO WORLD NEWS

Unrest in Kyiv took a turn for the worse on Wednesday with news that two people died from gunshot wounds during clashes between police and protesters, the first fatalities since demonstrations over the government's rejection of a planned EU treaty began in November.

The day saw state police units dismantle a makeshift barricade on Europe Square and Hrushevskoho Street — the city's new hotspot for clashes, which runs along the cabinet office and parliament buildings. Protesters, who fashioned makeshift armour out of sleeping mats and pieces of wood strapped to their jackets, parried police grenades with Molotov cocktails.

"If we leave now, we will all land up in jail. We will take a stand," Bogdan, a young man guarding a barricade, told Metro. To maintain their position, the protesters ignited huge bonfires, the smoke from which, they claim, neutralizes the pepper gas launched by the police.

When news circulated earlier in the day of the first casualties in the civil unrest, the crowds in this area swelled to an estimated 2,000 by mid-morning. "Burn for our boys!" a voice was heard from the crowd as a gas bomb landed on top of a phalanx of riot police. Some of the bombs lobbed were five-litre pickle jars.

At one moment, an Orthodox priest walked out into the neutral zone between the protesters and police, pleading for calm. However, riot-control units, lined up like a shielded formation of Roman legionaries, advanced towards the protesters, waving their batons and firing rubber bullets. People finally began to flee to their camp at the nearby Maidan Square.

Hrushevskoho Street was emptied after 10 minutes. While the air cleared at Kyiv's freshest battleground, thick black smoke still shrouded city squares elsewhere.

METRO WORLD NEWS IN KYIV

Caught in the clash

Metro photographer injured by grenade

Photographer Andrey Svitailo; the shrapnel he was hit with. MWN

A Metro journalist was injured Wednesday in a stun grenade explosion on Kyiv's Europe Square amid clashes between anti-government protesters and police.

Andrey Svitailo, a staff photographer for the Metro Moscow newspaper, sustained leg injuries caused by shrapnel exploding from a stun grenade thrown by Berkut riot police at protesters.

"It was very sore and painful," Svitailo describes the moment after three pieces of shrapnel struck his calf and thigh. "My jeans ripped open and I was left with some bloody bruises. I literally had to take the shards of grenade out of my clothes.

"But thanks to my long johns, the fragments did not pierce my skin." Svitailo did not require hospitalization and is continuing to cover the protests. METRO WORLD NEWS

Terrorist attack email is just a hoax, says IOC

Torchbearers Yevgeny Apostolov and Alexander Domanov pose with Olympic torches in Novocherkassk, south of Moscow, on Tuesday. THE ASSOCIATED PRESS

An email in Russian and English threatening national Olympic delegations and athletes with terrorist attacks at the Sochi Winter Games is a hoax, not a real danger, officials said Wednesday.

Hungarian sports officials, who first reported the email, said they have received assurances from the International Olympic Committee and from the Sochi organizers that the email had no merit. In light of that, the Hungarian Olympic Committee said it will still take part in the Winter Games, which run from Feb. 7 to 23.

Olympic committees from several other European countries, including Germany, Britain and Austria, said they had also received a similar message.

Wolfgang Eichler, spokesman for the Austrian National Olympic Committee, said the email was a hoax that officials had seen before.

"It's a fake mail from a sender in Israel, who has been active with various threats for a few years," Eichler told Austrian news agency APA. "It's been checked out because it also arrived two years ago."

The IOC, meanwhile, repeated its stance that it "takes security very seriously."

"However, in this case it seems like the email sent to the Hungarian Olympic Committee contains no threat and appears to be a random message from a member of the public."

The Canadian Olympic Committee would not say whether it had received a similar message

Security is a major concern at all Olympics but especially in Sochi, which is in southern Russia, just a few hundred kilometres away from a simmering Islamic insurgency in the North Caucasus. One Islamic militant warlord has urged his followers to attack the Sochi Olympics, Russian President Vladimir Putin's pet project.

THE ASSOCIATED PRESS

Don't panic

Many officials said that national committees get Olympic threats fairly often.

- A spokeswoman for Switzerland's Olympic committee said similar threats are common so close to the Winter Games and athletes and officials would base their travel plans instead on the assessment of security officials.

Victims' rights

Morocco amends law allowing rapists to escape persecution

Morocco's parliament has unanimously amended an article in the penal code that had outraged people by allowing a rapist to escape prosecution if he married his underage victim.

Article 475 of the penal code generated unprecedented public criticism after the 2012 suicide of a 16-year-old girl following seven months of marriage to the man she said had raped her.

Activists had called for a revamping of the country's laws dealing with rape. However, in this case it is just an amendment of the existing article, deleting the language allowing the assailant to marry to escape prosecution.

THE ASSOCIATED PRESS

Poland

Personal notes of Pope John Paul II to be published

In his last will, Pope John Paul II commissioned Cardinal Stanislaw Dziwisz, his personal secretary and closest aide of almost 40 years, to burn his personal notes.

Instead, Dziwisz kept them and is having them published before John Paul is declared a saint April 27 in Rome.

He said he burned "those letters and notes that required burning," but said it would have been a crime to burn all the notes which give insight into the pope's soul.

The book, Very Much in God's Hands: Personal Notes 1962-2003, comes out Feb. 5 in Poland.

THE ASSOCIATED PRESS

Tale of two toilets

Russian bathroom leaves reporter flushed

When BBC reporter Steve Rosenberg went to use the bathroom at the cross-country skiing and biathlon centre for next month's Winter Olympics in Sochi, he found two toilets, but only one stall. His tweeted picture instantly became a national joke.

THE ASSOCIATED PRESS

Although toilets like this are not common in Russia, social media users posted photos of other toilets standing side by side, including ones in a courthouse and a café. THE ASSOCIATED PRESS

Kenyan author comes out against homophobia in Africa

Online declaration. Reactions to the writer's coming out were mostly negative

One of Africa's leading literary figures Binyavanga Wainaina says he's known he was gay since he was five-years-old, though he did not have a homosexual encounter until he was 39.

To celebrate his 43rd birthday, the prize-winning Kenyan has published an online essay telling the world that he is gay. His story contributes to an increasingly fierce debate about gays in Africa and is a protest against laws that seek to further criminalize homosexuality.

Wainaina's essay, painful to read, this week announced what he wishes he had told his mother before she died 14 years ago: "I am a homosexual, mum."

In an interview with The Associated Press on Wednesday, he said he came out to help preserve his dignity.

"All people have dignity. There's nobody who was born without a soul and a spirit," he said. "There is nobody who is a beast or an animal, right?"

"Every one, we, we homosexuals, are people and we need our oxygen to breathe."

Wainaina, whose hair is dyed in rainbow colours, lashed out at recently passed laws against homosexuality in Nigeria and Uganda. He also criticized Russian President Vladimir Putin, who faces criticism over Russia's law banning "gay propaganda" aimed at youth.

"I can't sleep at night because there are people who I may know or who I don't even know ... who may be dying or being beaten or being tortured right now in a Nigerian cell or three weeks ago in a Ugandan one," he said.

Prize-winning Kenyan author Binyavanga Wainaina talks during a television interview in Nairobi, Kenya, Wednesday. He publicly declared his homosexuality in an online essay last weekend. BEN CURTIS/THE ASSOCIATED PRESS

Dennis Nzioka, a gay rights activist in Kenya, welcomed Wainaina's public announcement and said his prominence may influence other gay people in Africa and Kenya to come out publicly. He said Wainaina's announcement was both inspirational and courageous.

"Courageous, because to do this in the Kenyan society knowing very well what he can face; ostracization and rejection," Nzioka said.

THE ASSOCIATED PRESS

On the front lines

Clashes over gay laws continue

Thousands of protesters threw stones into the Shariah court in a north Nigerian city Wednesday, urging the speedy convictions and executions of 11 men arrested for belonging to gay organizations.

Security officials fired into the air to disperse protesters in Bauchi city so the accused men could be safely returned to the prison.

Meanwhile, in Uganda, a court on Wednesday ordered the deportation of Bernard Russell, a British man facing criminal charges related to images of him having sex with another man.

Bernard Russell THE ASSOCIATED PRESS

A bitter test of wills. Future of Assad is focus of Syrian peace talks

Furiously divided from the start, representatives of Syrian President Bashar Assad and the rebellion against him threatened Wednesday to collapse a peace conference intended to lead them out of civil war.

Assad's future in the country devastated by three years of bloodshed was at the heart of the sparring, which took place against a pristine Alpine backdrop as Syrian forces and rebel fighters clashed across a wide area from Aleppo and Idlib in the north to Daraa in the south.

U.S. and U.N. officials said merely getting the two sides in the same room was something of a victory, but U.N. chief Ban Ki-moon's claim that the discussions were "harmonious and constructive" was at odds with the testy exchange when he tried to get the podium from Syrian Foreign Minister Walid Moallem.

"You live in New York. I live in Syria," Moallem angrily told Ban. "I have the right to give the Syrian version here in this forum. After three years of suffering, this is my right."

With little common ground, the two sides were to meet separately Thursday with a U.N. negotiator, Lakhdar Brahimi, who said he still did not know if they were ready to sit at the same table when talks begin in earnest Friday. But, Brahimi said, both sides had shown some willingness to bend on local cease-fires and delivery of humanitarian aid, and Russian Foreign Minister Sergey Lavrov said they were also working on possible terms for a prisoner exchange.

The Western-backed opposition said Assad's departure was their starting point, echoing the position laid out by U.S. Secretary of State John Kerry.

"The resolution cannot be about one man's — or one family's — insistence on clinging to power," Kerry said.

The response from the government delegation was firm and blunt.

"There will be no transfer of power, and President Bashar Assad is staying," Syrian Information Minister Omran al-Zoubi told reporters.

THE ASSOCIATED PRESS

March for Life. Abortion opponents head to the U.S. Supreme Court

Thousands of abortion opponents faced bitter cold weather Wednesday to rally and march on Capitol Hill to protest legalized abortion Wednesday, with a signal of support from Pope Francis.

The annual "March for Life" is held every January on the anniversary of the Supreme Court's landmark 1973 decision that declared a constitutional right to abortion. The event draws many Roman Catholic high school and college students from across the country for a series of events and prayer vigils leading up to a rally and march on the National Mall.

President Barack Obama also issued a statement Wednesday, saying the 41st anniversary of the Supreme Court's Roe v. Wade decision is a chance to "recommit ourselves to the decision's guiding principle: That every woman should be able to make her own choices about her body and her health."

THE ASSOCIATED PRESS

Anti-abortion demonstrators gather on the snow covered National Mall in Washington, Wednesday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Chemical spill

Company says the leak is over

The company at the centre of a spill that contaminated drinking water in West Virginia says no further chemicals leaked beyond two already known to have entered the water supply. The chemical leak on Jan. 9 resulted in a ban on using tap water for most purposes for several days.

THE ASSOCIATED PRESS

Rape epidemic

Obama launches program to fight college rape

President Barack Obama shone a light Wednesday on a college sexual assault epidemic that is often shrouded in secrecy, with victims fearing stigma, police poorly trained to investigate and universities reluctant to disclose the violence. A White House report highlights a stunning prevalence of rape on college campuses, with 1 in 5 female students assaulted while only about 1 in 8 reports it.

THE ASSOCIATED PRESS

Protests continue

Bangkok state of emergency starts

As a state of emergency came into effect Wednesday in the Thai capital, defiant protesters marched on government offices and defaced the wall outside of national police headquarters, while a prominent government supporter in the country's northeast was the target of a shooting attack.

THE ASSOCIATED PRESS

Bankrupt city

Governor backs plan to give Detroit $350M

Michigan Gov. Rick Snyder announced a plan on Wednesday to commit $350 million in state funds to help shore up Detroit's pension funds and prevent valuable city-owned art from being sold during the debt-ridden city's bankruptcy. The Republican joined legislative leaders in outlining a proposal that would provide the money over 20 years. The city faces an estimated $18 billion in debt. THE ASSOCIATED PRESS

Oil starts flowing from Oklahoma to Texas via Keystone XL pipeline

Like oil and water. CEO says southern leg is a 'win-win-win' as activists worry those who live along route will be ultimate losers

Canadian oilsands producers have a direct pipeline link between Alberta and the U.S. Gulf Coast with the official startup Wednesday of the Keystone XL pipeline's southern leg.

The project's opposition, meanwhile, vowed to watch the new pipeline "like a hawk" as it continues to urge U.S. President Barack Obama to reject the larger, more contentious northern leg of the system.

"This morning we have made a major change in where the largest refining hub in the world gets is oil," said Alex Pourbaix, the executive in charge of oil pipelines at TransCanada Corp., the company building the line.

CEO Russ Girling described the $2.3-billion US project as a "win-win-win" for U.S. Gulf refiners, who'll get access to a cheaper, more secure source of crude for North American crude producers, who'll get a better price for their landlocked oil, and for consumers, who may pay a cheaper price at the pump as expensive foreign imports are supplanted.

The only losers, he said, are the foreign suppliers whose product will be pushed out of the lucrative Gulf market.

"We're seeing an enormous change in North American energy markets and how energy gets delivered," Girling told a news conference Wednesday.

He said there's "not a chance" that crude will be exported overseas from the Gulf — at least not in his lifetime — disputing a common assertion from pipeline opponents.

THE CANADIAN PRESS

Sticky situation

Plenty of criticism of the pipeline has gushed up.

- Jane Kleeb, with the anti-pipeline advocacy group Bold Nebraska, said that Wednesday marked a "very sad day" for those worried about their land in Texas and Oklahoma. "We all know this pipeline is a huge risk to folks along the route," she said. "Citizens are watching this pipeline like a hawk. They know that they are bracing for the worst today as this pipeline starts up."

Another jewel for the crown?

The 29.6-carat blue diamond recovered by Petra Diamonds from a mine near Pretoria, South Africa, is seen in this Jan. 18 photo. Petra said in a statement that the diamond — found in the Cullinan mine, which has yielded, among other famous stones, the 530-carat Star of Africa blue diamond that is part of the British crown jewels — is a vivid blue with extraordinary tone and clarity, and could yield a polished stone of great value. PHILIP MOSTERT/PETRA DIAMONDS/THE ASSOCIATED PRESS

Warns of low inflation

Bank of Canada keeps interest rate steady at 1%

The Bank of Canada is lowering its forecast for inflation, which has been persistently below the desired target, but keeping its key interest rate unchanged at one per cent.

The central bank said inflation is expected to be lower than previously projected, partly due to price competition among retailers. THE CANADIAN PRESS

Market Minute

DOLLAR 90.19¢ (-0.95¢)

TSX 13,988.20 (+36.43)

OIL $96.73 US (+$1.76)

GOLD $1,238.60 US (-$3.20)

Natural gas: $4.70 US (+$0.23)
Dow Jones: 16,373.34 (-41.10)

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PITFALLS OF AN ENTERTRAINER

HE SAYS

John Mazerolle
metronews.ca

I've had such a negative perception of gyms that as I was writing this column about my new gym membership I suddenly remembered that I'd already had a gym membership, about 10 years ago, and had banished it from my memory like Star Wars Episode I: The Phantom Menace, a movie that doesn't exist.

The memory is foggy but my brief time there (it was a YMCA) reminded me of high school, complete with stale-smelling change rooms, annoying cliques and crippling self-doubt heavier than any weight. Well, not any weight. Not those little pink ones. I have a little self-respect.

Lacking the requisite cardiovascular strength (i.e. I didn't have the heart), I didn't set a sneakered foot inside a gym until a decade later when, fresh out of comedy school, I took a gig at a fitness chain where my job was to entertain people while they did ab exercises. I was keen on my first post-school assignment, which is why I was blind to the fact that this is the worst idea in the history of entertainment — akin to entertaining air traffic controllers with a game of bingo.

At best, the exercisers tolerated me. At worst, they yelled at me to stop, which is part of the job, except you're not supposed to think, "That heckler is right!"

This did not improve my feeling toward the gym industry. I shunned them, preferring to exercise outside in the winter even if that meant temperatures so cold I risked ending up like Jack Nicholson at the end of The Shining.

But that all changed recently. I discovered a little gym in my neighbourhood that's just perfect for me. It's small so it doesn't attract many preeners, and it's open 24 hours so I can fiddle with the machinery alone. I may yet end up the first person ever killed by an elliptical, but at least my low-impact death will only be a CCTV YouTube sensation, not an in-person humiliation.

I've been hitting the gym for about three weeks now, and it gets easier every time as I pick up a few tricks about how to carry and motivate myself:

- It helps to put the Edmonton Oilers on TV during your workout. That way you see yourself working harder than an entire team of professional athletes.
- Wearing a towel over your shoulders and carrying a water bottle shows your fellow exercisers that you are the real deal, just like the people in the ads.
- Fake punching the air looks pretty cool.
- Most importantly, I've learned that gym-goers are a family. If I see an overweight person, I show support with a hearty "Hang in there! It gets better!" If I see an attractive person, I say "Yeeaahhh."

I fully recommend that you follow these tips. Sure, conversations might go a little awry with certain members, but that just reminds me of another important gym fact I learned in high school: Running away is excellent exercise.

ZOOM

AK-47s' cruel and cool culture

COURTESY RALPH ZIMAN

Project highlights duality of AK-47s

A filmmaker has shone light on Africa's controversial use of the AK-47, by photographing vibrant replicas of the assault rifle.

Ralph Ziman, from Johannesburg, took images of Zimbabwean street vendors brandishing copies of the infamous weapon that were made using traditional Shona-style beadwork. METRO

Q and A

'Beautiful yet venomous snake'

RALPH ZIMAN
South Africa-born filmmaker, based in Los Angeles

What inspired you to address gun culture?
The story behind this project — entitled Ghosts — began a year ago when I was back in my hometown of Johannesburg. I was reminded of the rate of gun violence connected to the AK-47 rifle that has gripped the entire continent of Africa and intrigued by the terror that firearms hold in African culture.

The AK-47 has killed millions, but at the same time has been pivotal in the struggle for independence — the gun appears on the Mozambique flag. Did you have the duality of the weapon in mind?
Without a doubt. These vibrantly-coloured guns in my images highlight the alluring nature of the rifle. It's like a beautiful yet venomous snake. In South Africa, this weapon was once an instrument against the apartheid regime.

Clickbait

HANNAH ZITNER
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ISTOCK IMAGES

A picture says a thousand words, or so the saying goes, and apps like Snapchat and Instagram seem to be proving the saying true. But just because you've got that beach pic of your toes in the sand, doesn't mean no one wants to read the rest of your vacation story (actually, if they're suffering through this polar vortex, they might not want to). Inspired by newspapers' forays into long-form visual storytelling, we've compiled apps that let you do just the same.

Storehouse:
User-friendly with a simple design, Storehouse lets you import photos and videos from your computer, Dropbox, Flickr or Instagram to add seamlessly to your narrative.

Prss:
Create your own online magazine using your own videos, photos with an easy-to-use template — so you don't have to be an InDesign wizard to get your work looking sharp.

Storybird:
Billed as more of an educational tool, this app lets you create a storybook based on other people's illustrations and animations. It's geared toward kids 13+, but really, can't we all benefit from a little creative non-fiction?

Comments

RE: Watching The NHL Has Become The Same As Witnessing A Bar Brawl, says Paul Sullivan, published Jan. 22

If you don't like fighting in hockey there are plenty of other things to watch on TV!! If anything the NHL is getting a little wimpy these days. The true fans like the state of the game and the constant whining that the game is too violent is annoying and will change nothing. **mbacks posted to metronews.ca**

Is there any surprise that Canadian athletics is considered a joke worldwide? Why hockey fans continuously equate toughness with fighting is beyond me. There are tougher athletes competing in rugby and Aussie Rules footie that put these guys to shame. **aferdinanda posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

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SCENE 2

Searching for happiness? Find it in a travelling puppet show

Ignorance. Calgary puppeteers create show that deals with decidedly adult themes

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

With its elaborate staging and giant, whimsical puppets, Ignorance sounds like a potentially perfect show for youngsters. But when the production comes to Saskatoon Jan. 29 through Feb. 2, babysitters may actually be in high demand — this is one puppet show aimed squarely at adults.

The show is being staged by Calgary's Old Trout Puppet Workshop, which is carrying on its tradition of tackling grown-up issues like death and love with this presentation about the nature of happiness.

"When we're making a show we try to ask ourselves a big question and dive into it," co-artistic director Judd Palmer said in a telephone interview. "Happiness is the be all and end all. It's the reason for our existence, so we felt it was a legitimate topic for puppet-based inquiry."

The play goes back to the beginning of human development to try and answer the questions that came about.

"Why did happiness evolve, what purpose does it serve in our complicated biology? We wanted to dive into this, but of course we do it in a puppet way, which means we're fully aware we don't have the slightest idea what we're talking about."

As for the Old Trout Puppet Workshop's own evolution, the group was started in 1999 on Palmer's family ranch in Southern Alberta. They were given space to work and live in exchange for looking after the property and its four-legged residents.

"We premiered our first show in the old bunkhouse for an audience of cowboys and Hutterites. Oddly enough the Hutterites seemed to like it more than the cowboys, I'm not sure why, it was probably their first experimental puppet show for adults."

They eventually took their shows to Calgary and have toured Canada and the United States. They just wrapped up a nearly year-long stint in Europe performing Ignorance for audiences in France, Spain and the U.K.

The legions of admirers the group has acquired along the way are more than just fans of the work; many have also become collaborators. People were invited to contribute ideas to the production as it developed online, which Palmer sees as a natural extension of the company's origins.

"We were buddies from camp and just took the attitude of 'Here's a bunch of guys in a shed, let's build a puppet show and everyone's going to throw in ideas and let's see what we come up with.' Our whole methodology has always been collaborative and we hold to this idea of you never know where a great idea will come from."

A character from Ignorance by the Old Trout Puppet Workshop, which runs at the Broadway Theatre from Jan. 29 through Feb. 2 at 8 p.m. COURTESY BEN RUSSELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

MELINDA TAUB
Metro World News

Lawrence was not first choice for Silver Linings Playbook

In Silver Linings Playbook, Jennifer Lawrence played a woman who'd gotten married, been widowed, gone crazy with grief and slept her way out of at least one job. Believe it or not, the first choice to play that role was not a 21-year-old.

Harvey Weinstein recently revealed that a different pixie-cut thespian was originally slated for the role: Anne Hathaway was his original choice to play Tiffany. "Silver Linings Playbook was originally going to be with Anne Hathaway and Mark Wahlberg," the studio exec told Howard Stern. "And then Anne wasn't doing it. And she's marvellous and wonderful and she was my choice, I love her."

So why wasn't Anne up there yelling and twitching and dancing poorly? Apparently she and director David O. Russell didn't hit it off. "David and Anne had some creative differences," Weinstein said. "They didn't see eye-to-eye." That's no shocker — David O. Russell is famously difficult to work with. He's gotten into shoving matches with both George Clooney and Lily Tomlin. Hathaway doesn't seem like she'd be very accepting of shoving. And since both she and Lawrence won Oscars that year, she's probably cool with how things worked out. Of course, Jennifer won Best Actress, while Anne nabbed a mere Best Supporting Actress statuette for Les Miserables. Yeah, she might be grinding her teeth at night about this one.

Katy Perry

Praise the Lord! Perry's body is the real deal

Katy Perry admits she had some help in developing her impressive figure, but it wasn't from a surgeon. The voluptuous singer tells GQ that when she was 11 years old, "I lay on my back one night and looked down at my feet and I prayed to God. I said, 'God, will you please let me have boobs so big that I can't see my feet when I'm lying down?'" Perry says. "God answered my prayers. I had no clue they would fall into my armpits eventually." She also insists her lack of artificial augmentation lends her more credibility. "I've never had any plastic surgery. Not a nose, not a chin, not a cheek, not a tit," she says. "So my messages of self-empowerment are truly coming from an au natural product."

Tarantino will probably get stern with Dern after leak

Quentin Tarantino is calling off plans to make a western, The Hateful Eight, as his next film after the first draft of the script was leaked around Hollywood, he tells Deadline. "I'm very, very depressed. I finished a script, a first draft, and I didn't mean to shoot it until next winter, a year from now," he explains. "I gave it to six people, and apparently it's gotten out." Among the half dozen who received the script were actors Michael Madsen, Tim Roth and current Oscar nominee Bruce Dern, and Tarantino is apparently pretty sure it was Dern's representatives who are responsible for the leak. Tarantino says the leak became apparent when his own agent's office was inundated with calls from reps trying to book their clients in smaller roles in the script. Tarantino now plans to publish the screenplay instead and move on to another project.

Quentin Tarantino ALL IM AGES GETTY

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Last Week: 2 / Weeks on List: 3

This Week		Last Week	Weeks on List
3.	THE POWER OF HABIT Charles Duhigg	7	3
4.	LIFE AFTER LIFE Kate Atkinson	3	3
5.	THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	18	2
6.	THE POUND A DAY DIET Rocco Dispirito	8	3
7.	COLD HARD TRUTH ON FAMILY KIDS & MONEY Kevin O'Leary	9	3
8.	SYCAMORE ROW John Grisham	6	14
9.	THE START HERE DIET Tosca Reno	15	3
10.	STOP OVERTHINKING YOUR MONEY Preet Banerjee	11	3
11.	JOYOUS HEALTH Joy McCarthy	17	2
12.	ALL IN Arlene Dickinson	12	3
★ 13.	DUTY Robert Gates	~	1
14.	THE DEMONOLOGIST Andrew Pyper	19	2
15.	DARK WOLF Christine Feehan	5	3
16.	FIRST LOVE James Patterson	20	2
17.	TEARDROP Lauren Kate	16	3
18.	HAZARDOUS DUTY W.E.B. Griffin	14	3
★ 19.	THE CONFIDENT MOM Joyce Meyer	~	1
★ 20.	MY JOURNEY Olivia Chow	~	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending January 27th
★ New this week

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I'd like to thank Her for upholding hipster style...

What the tuck.
Sequins, slips and suits made this year's silver screen sparkle. But Her, with all its hipster hues and high-waistedness, will make likely make the most lasting mark on fashion

Joaquin's character in Her might be lacking in some social skills, but perhaps he can find fulfilment in his ability to choose interesting ensembles. CONTRIBUTED

Oscar-nominated Her didn't earn a nod for best costume design, but fashion observers say the retro-futuristic looks featured in the film take the trophy for trendsetting style.

American clothing label Opening Ceremony created a collection inspired by styles designed by Casey Storm for the inventive drama, which is set in near-future Los Angeles. Her chronicles the relationship between Theodore Twombly (Joaquin Phoenix) and his operating system (voiced by Scarlett Johansson), with the film's lovelorn protagonist regularly seen sporting buttoned-up collared shirts paired with ultra high-waisted pants.

"I think you tend to think of everyone putting their life out on display in the world that we live in now, and the fashions were really the opposite to that," said Noreen Flanagan, editor-in-chief of Elle Canada.

"It was very much about kind of concealing yourself which I thought, again, was a kind of interesting twist to what we're increasingly becoming more familiar with in terms of how we relate to one another in the digital world."

What a waist

"It's not going to be for everyone and, my God, you really have to have flat abs to wear pants like that. That is not a flattering silhouette on most people."

Noreen Flanagan
Editor-in-chief of Elle Canada

Probably of all the films, Flanagan said Her has the greatest likelihood of "getting a little bit of street cred."

"It's not going to be for everyone and, my God, you really have to have flat abs to wear pants like that. That is not a flattering silhouette on most people. It requires a certain young, youthful, in-shape physique to wear it. I can see for a certain hipster set it becoming quite cool."

Toronto-based costume and set designer Sarah Armstrong also sees the potential for Her to emerge as a trendsetter.

"(Theodore's) kind of got a look, a unique esthetic, that's not unlike what we see today. It's very, very comfortable. And I think, too, because he's a younger character, that may also lend itself to a trend that might come up."

While Armstrong said she didn't think there was anything "blindingly new" about the designs for Her, she viewed them as an interpretation of the hipster trend being embraced by the 20-something generation.

"They're pulling from steampunk, they're pulling from Victorian elements, from the '60s, they're pulling from a whole bunch of different eras and blending them all together."

On the opposite end of the style spectrum was costume design nominee American Hustle with its depiction of flashy '70s fashions. The film is awash in plunging necklines, brightly lacquered nails and bouffant do's as well as bell-bottoms and mile-wide ties with lapels to match.

Jennifer Lawrence's outfits in American Hustle are unforgettable, but did they distract from her performance? CONTRIBUTED

"We've had films in the past that have gone back to the '70s, but they really play down the hair, they really play down the wardrobe, the clothing," said Armstrong. "With American Hustle, it really is all about the excess of the '70s, and the characters are extreme."

Flanagan said while she found the clothes in Hustle to be "fun, fabulous and entertaining," she said she almost found them to be "too much."

"In terms of digging up those V-neck Halstons and Diane von Furstenberg dresses and vintage Dior aviators and Gucci accessories, full marks for going on a fashion treasure hunt and finding real gems from that period. But it needed some editing," she said. "It needed the director to say: 'Wait a minute. We don't want the fashions to overshadow the story and the characters.'"

THE CANADIAN PRESS

And the nominees are...

A handful of period pieces will be contending for the Oscar costume crown on March 2.

- The nominees are Catherine Martin (The Great Gatsby); Patricia Norris (12 Years a Slave); William Chang Suk Ping (The Grandmaster); Michael O'Connor (The Invisible Woman); and Michael Wilkinson (American Hustle).

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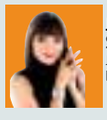

JEANNE SPACE
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Hockey legend @NHLShanahan, the beautiful @AndieMac Dowell3 + hunky @Alan_Thicke @echoesofhope game @ SundanceFest

Hitting the slopes of Park City #Utah because woman cannot live by film alone!! #sundance #heaven

Canadian street style

Spotted in: Toronto

Name: Ailyn

Age: 19

Occupation: Film student

What she's wearing:
Blundstone boots, thrift store denim jeans, winter cape from the ROM's boutique, lace shirt from Club Monaco and maroon Fjallraven Kanken backpack.

Her inspiration:
"Normally I go vintage, stuff you'd find in your grandma's closet. I'm a kid stuck in the '90s. This outfit however is my winter hipster look."

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Give your outdated kitchen a new look without breaking the bank

Home renos. Painting cupboards, updating light fixtures or reupholstering chairs can change the look of an out-of-date kitchen

Saying goodbye to an '80s kitchen can be as easy as applying a coat of paint, modernizing lighting and installing stone countertops.

Though kitchen renovations can often require a serious financial investment, painting kitchen cabinets is a relatively inexpensive way to give the space a new look, says Lana Lounsbury, an interior designer in Victoria.

"If you've got old wood cabinets that are beat up or need to be refinished, painting them can bring them up-to-date," says Lounsbury.

But she warns that homeowners should be aware of the kind of wood their cabinets are made of before they paint them, and what kind of paint they use.

"You cannot paint oak — the grain is too deep — and when you put lacquer over it they look fake and gross because you can still see the grain," she says.

"Homeowners should also contemplate having them professionally sprayed in a booth to avoid having the marks of brushes and rollers seen in the end product."

Lounsbury says homeowners shouldn't cut costs on paint and are advised to use a high-quality, semi-gloss sheen after applying a primer.

Know your limits

Hildebrand and Lounsbury say there are many ways homeowners can update their kitchens on their own, but they should be aware of their own skills and abilities.

- Homeowners shouldn't overestimate their skills notes Hildebrand.
- "Sometimes they just need to come to terms with what they have and recognize that a lot of the world would love to have our problems with out-of-date kitchens. Maybe sometimes smaller is better because homeowners can afford to treat their space well, and that is well appointed and well done."

While quartz, stone and marble countertops can be a major investment in a kitchen, you can make an impact by installing a new countertop on a smaller space like an island.

"If you go to any of the granite or marble yards, they might have off-cuts of other jobs and you could buy pieces," says Lounsbury. "But I would say when it comes to marble and stone you should pay for it."

Marina Hildebrand, an interior designer in Regina, says updating lighting fixtures can change the look of a kitchen.

According to Hildebrand, homeowners are replacing the '90s trend of three small pendant fixtures with two, more dramatic lights.

"Lighting is dramatic and pretty inexpensive considering the options out there right now," she says.

Lounsbury points out that a mix of ambient and task lighting is important in a kitchen.

Incorporating colour and pattern in a kitchen is another effective way to update the space and Hildebrand says this can be done using fabric on chairs and bar stools.

"Get some new chairs and if they are inexpensive get them reupholstered," she says. "You don't have to choose expensive fabrics. You can go to the fabric store and pick out some wow stuff, and create a bit of punch."

THE CANADIAN PRESS

Outdated kitchens can be revitalized by introducing a bold backsplash or painting the cabinets. ISTOCK

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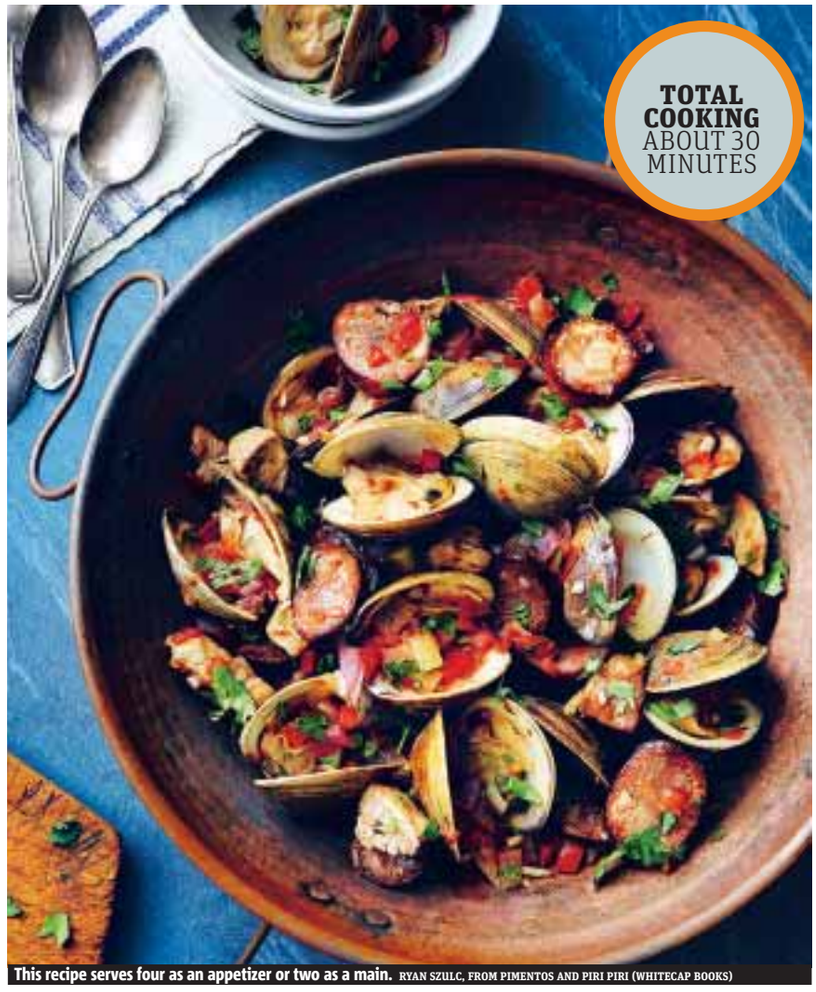
metro

Clams and pork get comfy in Portuguese dish



This recipe serves four as an appetizer or two as a main. RYAN SZULC, FROM PIMENTOS AND PIRI PIRI (WHITECAP BOOKS)

Cookbook of the Week

Adapting tradition

Because the farm workers and other labourers of Portugal needed food to be hearty and filling, it has come to be known as "peasant food". Whatever you call it, one thing is for sure: the dishes of this European country are comfort food at its finest.

Pimentos and Piri Piri by Carla Azevedo takes traditional recipes and updates them for the North American kitchen with local ingredients and modern kitchen equipment. **METRO**

"A cataplana, a hinged clam-shaped cooking vessel, is so popular in the Algarve beach resorts that dozens of dishes have been named after it," writes Carla Azevedo in her book Pimentos and Piri Piri of this Clams in Cataplana with Pork, White Wine, and Coriander dish. "If you do not have a cataplana, use a wok or a large pot with a tight-fitting lid and carefully cover the lid with a kitchen towel; do not uncover the pot while cooking."

Ingredients

- 2 lb (1 kg) Manila clams
- 1/4 cup (60 ml) olive oil
- 4 oz (120 g) pork tenderloin, cubed
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 1/2 cups (375 ml) peeled, seeded, and chopped tomatoes
- 1/2 red bell pepper, seeded, cored, and diced
- 4 oz (120 g) chouriço, sliced into 1/2-inch (1 cm) pieces
- 1 bay leaf
- 1/2 tsp (2 ml) fine salt
- 1/4 tsp (1 ml) coarsely ground black pepper
- 1/2 tsp (2 ml) dried oregano
- 1/4 tsp (1 ml) piri-piri sauce or Tabasco sauce
- 1/2 cup (125 ml) dry white wine
- 1/4 cup (60 ml) chopped fresh coriander
- 2 slices prosciutto, chopped

1. Using a stiff brush, scrub the clams under cold running water to remove any surface sand and grit. Discard any clams that are not tightly closed. Set aside.

2. In a large heavy saucepan or Dutch oven, heat the oil over medium heat; cook the pork for 2 to 3 minutes, until browned, and transfer to a dish; reserve. Add the onion and garlic and cook, stirring occasionally, for 3 to 5 minutes, until softened. Add the tomatoes, red pepper, chouriço, bay leaf, salt, pepper, oregano, and piri-piri sauce; simmer for 7 to 10 minutes, until slightly thickened.

3. Transfer half of the tomato mixture to bottom of cataplana. Arrange the clams overtop and cover with the remaining tomato mixture. Tightly secure the cataplana lid and simmer over medium-high heat for 5 minutes. Flip the cataplana over and unlatch it; add the reserved pork and the wine and sprinkle with the coriander and prosciutto. Tightly secure the cataplana lid and cook until the shells open and the pork juices run clear when pierced with fork, 5 to 8 minutes (check for doneness after 5 minutes of and continue cooking if meat is still pink). Discard any clams that have not opened. **RECIPES EXCERPTED FROM PIMENTOS AND PIRI PIRI (WHITECAP BOOKS) BY CARLA AZEVEDO.**

FLASH FOOD

From your fridge to your table in 30 minutes or less

Lunch. Bread and Egg in Garlic & Coriander Broth

1. Divide the bread slices between 2 soup bowls. Set aside.

2. In a saucepan, combine the garlic and salt. Stir in the coriander, oil, and boiling water. Bring to a boil over medium-high heat. Carefully break the eggs into a small bowl. Stir the boiling broth to create a whirlpool effect and carefully slip the eggs, one at a time, into the centre of the whirlpool. Reduce the heat to medium-low and simmer for 3 to 4 minutes, until the eggs are almost soft-cooked (the eggs will continue cooking in the broth). Using a slotted spoon, top the bread in each soup bowl with one poached egg. Taste the broth and adjust the seasonings with salt, if necessary. In each bowl, pour enough broth over the egg to cover the bread. Serve.

Ingredients

- 4 slices day-old French or Italian bread, about 1/2 inch (1 cm) thick
- 3 cloves garlic, minced
- Pinch fine salt
- 1/4 cup (60 ml) finely chopped fresh coriander
- 2 tbsp (30 ml) olive oil
- 2 cups (500 ml) boiling water
- 2 eggs

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2014 Best Employers in Canada By Aon Hewitt

Olympics

4 Saskatchewanians named to Sochi speedskating squad

The Canadian Olympic speedskating team was announced on Wednesday in Calgary and Saskatchewan will be well represented in Sochi.

Regina's Lucas Makowsky joins Denny Morrison of Fort St. John, B.C., and Mathieu Giroux of Pointe-aux-Trembles, Que., to defend their gold medal from Vancouver in the men's pursuit.

Regina's Kali Christ, Marsha Hudey of White City and William Dutton of Humboldt round out Canada's Saskatchewan contingent.

THE CANADIAN PRESS

MLB

Yanks win Tanaka sweepstakes

The New York Yankees and prized Japanese pitcher Masahiro Tanaka agreed Wednesday to a $155-million, seven-year contract.

In addition to the deal with the 25-year-old right-hander, the Yankees must pay a $20-million fee to his Japanese team, the Rakuten Golden Eagles.

Tanaka's deal is the highest for an international free agent.

THE ASSOCIATED PRESS

NHL

Red Wings outlast Blackhawks in shootout

Darren Helm scored on Detroit's sixth attempt in the shootout and Jonas Gustavsson stopped Andrew Shaw's shot, lifting the Detroit Red Wings to a 5-4 win over the Chicago Blackhawks on Wednesday night.

The defending Stanley Cup champion Blackhawks faced Detroit for the first time since beating them in overtime in Game 7 of their second-round series last year to complete a comeback from a 3-1 deficit.

Chicago captain Jonathan Toews scored on his team's first attempt in the shootout and Patrick Sharp scored on the second before Patrick Kane was stopped with a chance to win the game.

THE ASSOCIATED PRESS

Out of reach in Australia

Montreal's Eugenie Bouchard is out of the Australian Open. China's Li Na defeated Bouchard 6-2, 6-4 on Thursday in the semifinal of the women's singles tournament. The 19-year-old Bouchard is the first Canadian woman to reach the final four of a Grand Slam tournament in 30 years.

ANDREW BROWNBILL/THE ASSOCIATED PRESS

Wick still has fuel to light lamp in Russia

Hockey legend.
Wickenheiser ready to prove doubters wrong in sixth Olympic Games

On her last shift of the Olympic women's hockey final in Vancouver, Hayley Wickenheiser took her eyes off the puck.

"I was actually looking into the stands to see people cheering and take it in. I never did that in any of the other Olympics," she recalls. "I was pretty confident we were going to win. The puck was in the other end."

It sounds like the perfect moment to cap a long, successful career. But it wasn't over for Wickenheiser.

As the 2014 Winter Olympics approach, Wickenheiser is asked relentlessly if her sixth Olympic Games will be her last.

"I don't know and that's the truth," the 35-year-old forward from Shaunavon says. "I still love to play. I feel I have lots left in the tank.... There's other things to do in life, but at this point I haven't decided.

"Vancouver was a special experience and something that you'll probably never experience as an athlete again, but being on the ice every day, being in this environment is something I've done for so long. I don't really see myself doing anything else at this point.

"I love to just be an athlete. It's a great lifestyle. You're kind of your own boss. You get to decide what you want to do and make a living at it. It's a good gig."

Wickenheiser's gig includes, so far, five Olympics — four in hockey and one in softball — three Olympic gold medals and a silver, all in hockey and more games (265), goals (166) and assists (204) than any other player in national women's team history.

From the only girl playing midget triple-A in Calgary at 15 to participating in Philadelphia Flyers rookie camps to her forays into the men's pro leagues in Finland and Sweden, Wickenheiser took risks to push her own boundaries and those of her sport. She was the top scorer and MVP at the 2002 and 2006 Olympics. She played with a broken wrist in 2006.

But for the sake of argument, is Wickenheiser still the best female player in the world?

"What's your definition of the best player in the world?" counters Melody Davidson, who coached Wickenheiser to two of her Olympic golds.

"If your definition is a consummate professional who does everything possible to bring her best game forward every day, then she is."

Knee and back injuries limited her to three games and zero points in last year's world championship in Ottawa, where Canada lost to the U.S.

A lower-body injury sidelined Wickenheiser for chunks of Canada's recent warm-up series against the U.S.

But still, Wickenheiser has bristled at the suggestion the miles are starting to take a toll.

"If I was a male hockey player, we wouldn't be talking about this," she says. "You've got Teemu Selanne who is 42, Chris Chelios played until 47 and I'm 35. I'm young and I've got lots left.

"Yes, you get injured, but the difficult thing is people only see you once or twice a year and not every day like the NHL players. You've got to manage your body as you age as an athlete anyways, but I think I'm as healthy as I've ever been."

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Hayley Wickenheiser finished her kinesiology degree at the University of Calgary last year and has applied to medical schools. GETTY IMAGES

Moving on minus the 'C'

"I'd be lying if I said it didn't hurt.... It's not really going to change anything in the way that I lead or what I do day to day."

Hayley Wickenheiser, who was Canada's captain from 2006 until recently when Caroline Ouellette was chosen as the new captain by head coach Kevin Dineen. Wickenheiser will be an alternate.

4 SPORTS

Alexandre Bilodeau celebrates after receiving the gold medal in men's moguls at the 2010 Winter Olympics at BC Place on Feb. 15, 2010, in Vancouver. Bilodeau, short-track speedskater Charles Hamelin and downhill skier Erik Guay are among favourites to carry the Canadian flag in Sochi.
KEVORK DJANSEZIAN/GETTY IMAGES FILE

Speedy Canucks in line to wave their flag in Sochi

Olympics. Speedskater Hamelin, skiers Guay and Bilodeau will be top of mind Thursday

Alexandre Bilodeau captured Canada's first gold medal at the 2010 Olympics, while Charles Hamelin was the Canadian team's only multi gold medallist in Vancouver.

Erik Guay narrowly missed the Olympic podium four years ago, but he's Canada's most decorated World Cup alpine skier.

The next honour one of them could add to an already illustrious career is Canada's flagbearer for the Sochi Olympics.

On Thursday in Ottawa, the Canadian Olympic Committee will announce who will carry the Maple Leaf into the Sochi opening ceremonies, and Bilodeau, Hamelin and Guay, all leaders in their respective sports, are all strong candidates.

"Just being among those, it's a great honour for me because those are great athletes and there are many more athletes that deserve to carry the flag and deserve to be in the front row when it comes to Canada and to be role models," Bilodeau told The Canadian Press in Montreal on Wednesday.

"It would be a tremendous honour to do that for my country and we'll see (Thursday), but it's definitely something very special to be flag-bearer and whomever it's going to be, we're going to be proud."

When asked if he'd been tipped to be in Ottawa, Bilodeau laughed and said "I haven't been contacted yet, so if it's already decided, I'm not the one."

Bilodeau won moguls gold on the second day of the Games, and the image of the freestyle skier celebrating with his brother Frederic is one of the most enduring of Vancouver.

Hamelin claimed two of Canada's record-setting 14 gold medals, but even more remarkable is the fact the short-track speedskater, who's also an eight-time world champion, won them within half an hour of each other, winning the 500 metres before returning to the track as part of the victorious 5,000-metre relay.

Guay posted a pair of fifth-place finishes in Vancouver, in the downhill and super-G, missing a medal in super-G by just three hundredths of a second. In December, he won his 21st World Cup medal, breaking the Canadian record for podium performances held by Steve Podborski.

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Canada's best

"It would be a tremendous honour to do that for my country."

Gold medallist Alexandre Bilodeau, on carrying the canadian flag in Sochi.

Others in contention

Canada's flag-bearer usually generates plenty of buzz, and this time is no different, with Canadian hockey stars Sidney Crosby and Hayley Wickenheiser garnering support.

- Crosby, who created one of Vancouver's golden moments when he scored the winner in the final versus the U.S., isn't expected to be in Sochi for the opening ceremonies as his Penguins have a game that night vs. the Rangers.
- Wickenheiser, meanwhile, is Canada's biggest women's star and a pioneer of the game who will make her fifth Olympic appearance. However, she was a participant in the 2010 opening ceremonies — she read the athletes' oath.

ESPN deal

Winter X Games will remain in Aspen until 2019

Shaun White has always loved the halfpipe at the Winter X Games in Aspen.

Even though he's skipping the competition this year to prepare for the Sochi Olympics, he'll be able to ride on it for years to come.

ESPN and Aspen Skiing Company announced Wednesday a five-year extension that will keep the event in Aspen through 2019. This weekend will be the 13th straight year Winter X has staged snowboard, ski and snowmobile events in the ritzy city.

The fact it's staying put will certainly be welcome news to White, who was going to participate but decided at the last minute to skip it in order to rest up for Sochi.

There was a time when the winter action sports event roamed from venue to venue every two years, staging events in Big Bear Lake, Calif., Crested Butte and Mount Snow, Vt., before arriving in Aspen in 2002, where it's remained ever since.

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Hockey

Some NHLers show concern over Sochi security

Roberto Luongo won't have any family joining him next month when he suits up for Canada at the Winter Olympics.

The same goes for Sweden's Daniel Sedin.

The Vancouver Canucks teammates are both concerned over security at the Games in Sochi, Russia, after a series of threats and terrorist attacks in the region.

Two suicide bombers killed 34 people in the southern Russian city of Volgograd in December, and officials say they are hunting three more potential attackers — including one believed to be in Sochi.

"It's definitely on my mind, I'm not going to lie," Luongo said after practice on Wednesday. "I think we're all a little bit concerned. We're definitely going to keep an eye on it over the next few weeks."

Sedin, who is set to compete for Sweden along with his twin brother Henrik, said he was "absolutely" concerned about the news coming out of Russia, including email threats on Wednesday against a handful of European countries set to participate at the Olympics.

Roberto Luongo GETTY IMAGES

The threats were largely dismissed as a hoax, but the concern over security in Sochi is serious.

"We talk about it quite a bit. It's nothing you can really joke about," said Sedin. "It's in the back of your head for sure."

Luongo, the odds on favourite to start for Canada in its first game Feb. 13 against Norway, and Sedin both said safety is the main reason their families won't be travelling to Russia.

Sedin added that if family members wanted to join him and his brother, he would discourage them from making the trip.

An Islamic militant group in Dagestan — which is located about 500 kilometres from Sochi — claimed responsibility for the bombings in Volgograd in a video posted on Sunday. The video also contained a threat to strike the Olympics.

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	49	31	15	3	141	109	65
Tampa Bay	50	29	16	5	146	123	63
Montreal	50	27	18	5	127	125	59
Toronto	52	27	20	5	150	156	59
Ottawa	50	22	19	9	141	155	53
Detroit	49	21	18	10	122	134	52
Florida	50	20	23	7	120	151	47
Buffalo	48	13	28	7	89	137	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	50	35	13	2	162	121	72
NY Rangers	52	27	22	3	131	133	57
Philadelphia	51	25	20	6	139	147	56
Columbus	49	25	20	4	143	138	54
New Jersey	51	21	19	11	122	124	53
Washington	50	22	20	8	142	152	52
Carolina	49	21	19	9	120	139	51
NY Islanders	52	21	24	7	147	169	49

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	49	33	11	5	171	115	71
Colorado	49	31	13	5	144	127	67
Minnesota	52	27	20	5	125	129	59
Dallas	50	22	20	8	141	152	52
Nashville	51	22	22	7	125	152	51
Winnipeg	51	23	23	5	144	152	51

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	52	37	10	5	177	129	79
San Jose	50	32	12	6	161	123	70
Los Angeles	51	29	16	6	131	108	64
Vancouver	51	26	16	9	129	128	61
Phoenix	49	23	17	9	141	149	55
Calgary	50	16	27	7	111	159	39
Edmonton	52	15	31	6	132	183	36

Note: Two points for a win, one point for overtime loss.

Wednesday's results
Carolina 3 Philadelphia 2
Pittsburgh 5 Montreal 1
Chicago at Detroit
Phoenix at Calgary
Tuesday's results
Columbus 5 Los Angeles 3
New Jersey 7 St. Louis 1
Ottawa 2 Washington 0
Florida 4 Buffalo 3
Carolina at Philadelphia, postponed
NY Islanders 5 NY Rangers 3
Dallas 4 Minnesota 0
Toronto 5 Colorado 2
Vancouver 2 Edmonton 1
Winnipeg 3 Anaheim 2
Thursday's games
All Times Eastern
St. Louis at NY Rangers, 7 p.m.
Carolina at Buffalo, 7 p.m.
Philadelphia at Columbus, 7 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Pittsburgh at NY Islanders, 7:30 p.m.
Toronto at Dallas, 8 p.m.
Chicago at Minnesota, 8 p.m.
Nashville at Vancouver, 10 p.m.
Los Angeles at Anaheim, 10 p.m.
Winnipeg at San Jose, 10:30 p.m.

Friday's games
Ottawa at Carolina, postponed
Washington at New Jersey, 7 p.m.
Colorado at Florida, 7:30 p.m.
Montreal at Detroit, 7:30 p.m.
Nashville at Calgary, 9 p.m.
Phoenix at Edmonton, 9:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	25	43	68
Tavares, NYI	23	39	62
Getzlaf, Ana	25	34	59
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	47	53
Kessel, Tor	26	26	52
Okposo, NYI	20	31	51
Pavelski, SJ	27	23	50
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49

Not including last night's games

NFL PLAYOFFS

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	33	7	.825	—
d-Miami	30	12	.714	4
Atlanta	22	19	.537	11 1/2
d-Toronto	21	20	.512	12 1/2
Chicago	21	20	.512	12 1/2
Washington	20	21	.488	13 1/2
Brooklyn	18	22	.450	15
Charlotte	19	25	.432	16
Detroit	17	24	.415	16 1/2
New York	15	26	.366	18 1/2
Cleveland	15	27	.357	19
Boston	15	29	.341	20
Philadelphia	13	28	.317	20 1/2
Orlando	11	32	.256	23 1/2
Milwaukee	7	33	.175	26

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Oklahoma City	32	10	.762	1/2
Portland	31	11	.738	1 1/2
d-L.A. Clippers	29	15	.659	4 1/2
Houston	28	15	.651	5
Golden State	26	17	.605	7
Phoenix	23	17	.575	8 1/2
Dallas	25	19	.568	8 1/2
Memphis	20	20	.500	11 1/2
Denver	20	20	.500	11 1/2
Minnesota	20	21	.488	12
New Orleans	16	25	.390	16
L.A. Lakers	16	26	.381	16 1/2
Sacramento	15	25	.375	16 1/2
Utah	14	29	.326	19

x - clinched playoff berth; **y** - division; **z** - conference.

Wednesday's results
Toronto 93 Dallas 85
Charlotte 95 L.A. Clippers 91
Boston 113 Washington 111 OT
Chicago 98 Cleveland 87
Atlanta 112 Orlando 109
Philadelphia at New York
Sacramento at Houston
Oklahoma City at San Antonio
Detroit at Milwaukee
Indiana at Phoenix
Tuesday's results
Brooklyn 101 Orlando 90
Miami 93 Boston 86
Sacramento 114 New Orleans 97
Oklahoma City 105 Portland 97
Minnesota 112 Utah 97

Horoscopes

♈ Aries
March 21 - April 20
Is what you are planning a good idea? Could you have overestimated your abilities? Don't worry. The planets indicate you have what it takes and once you get moving all your doubt will disappear.

♉ Taurus
April 21 - May 21
You will fall out with someone who does not share your aims. It's just as well. The longer you go on pretending that you can work together despite your differences, the less likely it is you will get any work done.

♊ Gemini
May 22 - June 21
The important thing now is that you keep your eyes fixed on the bigger picture and don't allow yourself to be distracted by events that get in the way of your goals. Have fun but you've got to be focused too.

♋ Cancer
June 22 - July 23
Give your tongue a rest and use your eyes and ears to find out what is going on. Something you see over the next 24 hours will give you something worth talking about later on.

♌ Leo
July 24 - Aug. 23
Someone you live or work with is harbouring a secret grudge and if you say the wrong thing they will find a way to use it against you. Think before you speak and make sure you know what you are talking about.

♍ Virgo
Aug. 24 - Sept. 23
If you take what someone tells you at face value, you will miss what really matters. Before you make any kind of decision, make sure you know the facts.

♎ Libra
Sept. 24 - Oct. 23
The Sun in Aquarius does wonders for your confidence, so it's unlikely you will tone down your remarks to save other people's blushes. And why should you? It's not your fault the truth is painful.

♏ Scorpio
Oct. 24 - Nov. 22
Rarely have you had so many obligations. Rarely have your duties been so arduous. The good news is there are people in your life who will happily lend a hand — just ask.

♐ Sagittarius
Nov. 23 - Dec. 21
The only reason someone is being so critical is because they resent your success. Maybe you should point out to them that if they worked as hard as you they might be successful too.

♑ Capricorn
Dec. 22 - Jan. 20
Don't worry if you have not yet begun work on a scheme that means a lot to you. The longer you leave it, the more likely it is to be a success. Good ideas need time to develop.

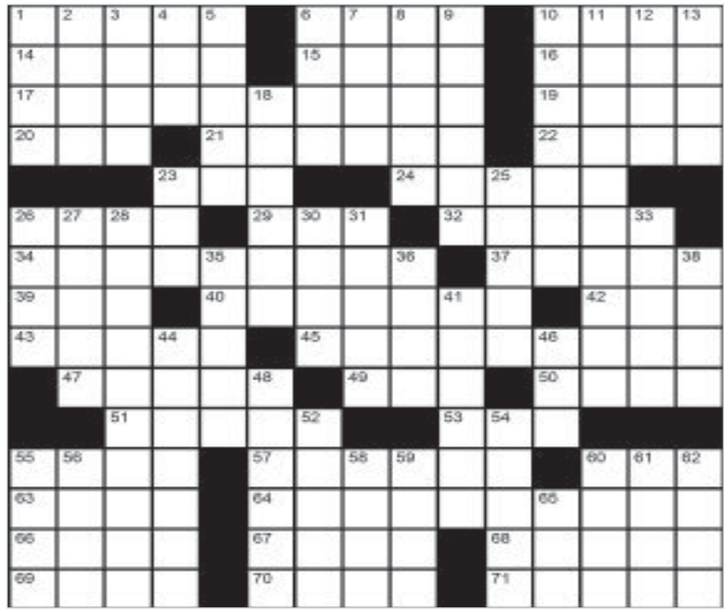
♒ Aquarius
Jan. 21 - Feb. 19
It does not matter that others do not believe in what you are doing. The only thing that matters is that you believe in it. The whole world could be against you now but you will still come out on top.

♓ Pisces
Feb. 20 - March 20
Be careful who you confide in today because if you reveal your secrets to the wrong person, they won't remain secret for long! It might be wise not to let even good friends in on potentially embarrassing information. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



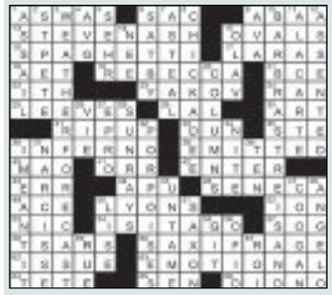
Across

1. Canadian furniture store, The __
6. Purchased
10. "__ __ I say, not..."
14. Ms. O'Donnell
15. Classical song
16. Sea lettuce
17. "Citizen Kane" (1941), for one: 2 wds.
19. Deli loaves
20. The Joy Luck Club author, Amy __
21. Guy in authority, in slang: 2 wds.
22. Pickup trucks, e.g.
23. Wed.'s follower
24. Quebec: Pre-university school
26. Johannesburg, _. __.
29. Fast rotation meas.
32. Levi's material
34. Submarine's looking device
37. "The Odd Couple" role
39. 'Advert' suffix
40. One who is selecting
42. Objectionable word
43. Puccini opera that premiered in 1900
45. 'Eating Well with Canada's __ __'
47. Drugstore, for short
49. '60s hallucinogenic
50. Fruity drinks
51. "This is so fun!" sounds
53. Suffix with 'Hero'
55. "So long!"
57. Colm of "Star Trek: The Next Generation"
60. Pres. Lincoln
63. Guess Who's "Hang __ __ Your Life"
64. Bookstore's popular item
66. Leave in, in proofreading
67. Rosey __, Canadian broadcaster
68. Worker's needs
69. Crags
70. Scandinavian rugs
71. Exertion excretion

Down

1. Ms. Spears, to pals
2. Cabo da __, Portugal
3. Glenn Frey song: "The Heat __ __"
4. NFL's Bengals, on scoreboards
5. "American Idol" judge Mr. Urban
6. Vault
7. "Hurry up ...__ __ leaving without you!"
8. Lavender
9. "Village of the __" (1995)
10. "Quentin __ M.P." (Vintage CBC show starring Gordon Pinsent)
11. That which Sochi's won in order to get the 2014 Winter Games: 2 wds.
12. With: French
13. Cheek
18. 1750: Halifax's oldest building, St. Paul's __
23. Prefix with 'angle'
25. Captain __ von Trapp
26. Skewer
27. Writer of ancient Greece
28. Superior's stuff
30. Magician's disappearing word!
31. Bobbin
33. "All in the Family" spin-off
35. Daunt
36. Those, in Spanish
38. Bus travel paths, for short
41. Mr. Cibrian's
44. Collusions
46. Abu Dhabi is its cap.
48. MP = __ of Parliament
52. Shabby
54. Sochi turndowns
55. Toll
56. Look __ (Investigate)
58. Drifting
59. Utmost degrees
60. Lotion component
61. Mr. Lugosi
62. Poet's 'previously'
65. High's antonym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		7	2	6		9	
5								3
		1				8		
7	5		8		4		2	1
				7				
6	8		5		1		4	9
		9				5		
3								7
	2		4	1	5		3	

Yesterday's Sudoku

8	2	3	6	1	4	5	7	9
9	1	5	3	7	8	6	2	4
7	4	6	9	5	2	1	8	3
5	3	1	4	2	9	7	6	8
6	8	2	7	3	1	4	9	5
4	9	7	8	6	5	3	1	2
2	6	8	1	4	3	9	5	7
1	5	4	2	9	7	8	3	6
3	7	9	5	8	6	2	4	1

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